

Appl. No. 10/621,724
Amdt. dated April 29, 2005
Reply to Office Action of December 2, 2004

Amendments to the Specification:

Please replace the paragraph beginning on the bottom of page 7 and continuing onto page 8 with the following amended paragraph:

Adjustments in the effective length of the apparatus 1, i.e., separation between forward portion 10 and rearward portion 40, may be made by changing the pin 27 placement in the U-shaped element apertures 26 and support bar apertures 49. A spring-loaded, pivotable vertical locking bar 37 may be attached to the forward portion padded element lower surface 13 for engagement with the crank mechanism crank lever forward portion 23. The locking bar 37 is adapted to hold the crank lever 22 in position wherein the rearward portion 40 is in a full horizontal position. A holder 36 mounted on the crank lever 22 seats the locking bar 37 in place. When the exerciser is in position and the invention ready to be used, the locking bar 37 is released from the crank lever holder 36. The spring-loaded locking bar 37 springs forward up to a horizontal position where it engages another holder 34 attached to the forward portion padded element lower surface 13. Bottom prongs 38 on the locking bar ~~[[30]]~~ 37 will hold ~~[[lock]]~~ the crank lever forward portion 23 in a desired position so that the user may easily and safely position himself on the exercise apparatus 1.